

OUR COMMUNITY

WHAT'S ON

JUNE 2024



BBP EVENTS

BBP LUNCH CLUB X CATERLY

EVERY THURSDAY

TIME: 11.30AM - 2.00PM

LOCATION: MAIN LAKE

CHATTY PATTY - FRIED CHICKEN

THURSDAY 6TH JUNE

LET'S TACO ABOUT IT - MEXICAN

THURSDAY 13TH JUNE

THAT'S MATURE - TOASTIES

THURSDAY 20TH JUNE

LEAVE IT TO ESMIE - CARIBBEAN

THURSDAY 27TH JUNE

TRAVELLING COFFEE BAR

EVERY THURSDAY

Serving from 8.30am - 2.00pm

KATIE & TROPIC SKINCARE

EVERY THURSDAY

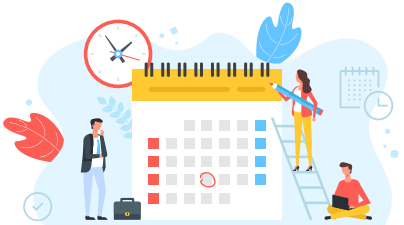
Serving 11.30am - 2.00pm

SOUND OF STEEL BAND - LIVE MUSIC

THURSDAY 27TH JUNE

12.00pm - 2.00pm

SAVE THE DATE



BBP SUMMER OF SPORT

From 10.00 am to 3.00 pm on

THURSDAY 20TH JUNE

THURSDAY 11TH JULY

THURSDAY 18TH JULY

THURSDAY 22ND AUGUST

Get ready for an action-packed summer at Birmingham Business Park with the return of our business games! We are thrilled to announce an exciting summer of sporting activities here at BBP! Whether you're an athlete, a casual player, or just looking to try something new, we've got something for everyone

June						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

BBP HANGING BASKET WORKSHOP

[BOOK HERE](#)

THURSDAY 6TH JUNE

Time: 11.00am, 12.00pm, 1.00pm (45 minute slots)

Location: Main Lake

Tickets are now open for our upcoming hanging basket workshop – join us as our expert landscaping team guides you through the process of assembling your own flower hanging basket.

BBP CLUBS

BBP SHARED READING CLUB

TUESDAY 18TH JUNE

Time: From 1.00pm - 2.00pm

[BOOK HERE](#)

Location: Park Management Hub

Shared reading is an internationally recognised method of promoting wellbeing, Alison Belbin will be leading a lunchtime reading session here at Birmingham Business Park free for all our occupiers. The hour session is a fantastic opportunity for participants to unwind and explore relaxation through shared reading. Includes complimentary free hot drinks and lunch

BBP ALLOTMENT CLUB

WEDNESDAY 26TH JUNE

[BOOK HERE](#)

Time: From 12.00pm - 1.00pm

Location: Park Allotments, Wild Meadow between Knights Court and Bishops Court

Join us at the BBP allotments for a community get together with Graham Brown from Nurture Landscapes Group offering tips and advice on managing your own allotment plot. Drinks and refreshments provided

BBP MENOPAUSE CAFE

THURSDAY 27TH JUNE

[BOOK HERE](#)

Time: From 1.00pm - 2.00pm

Location: Park Management Hub

Come along to our monthly Menopause Café! Meet like-minded people, chat about all things menopause over a cuppa tea or coffee and share your experiences! This is an open meeting for people of all genders to come and chat about all things peri and post menopause related. The aim is to break the taboo and increase awareness of the impact of the menopause transition on those experiencing it, their family, friends, and their colleagues

BBP NEWS

BIRMINGHAM HOSPICE DROP-IN

THURSDAY 27TH JUNE

Time: 11.00am - 3.00 pm

Luke Manley, Senior Fundraising Manager from Birmingham Hospice will be joining us for a drop-in session. Learn how your contributions make a difference and discover various ways to get involved. Whether you're curious about our projects or looking to volunteer, this informal event is the perfect opportunity to ask questions and network with like-minded individuals. Drop by anytime and see how you can support our charity partner this year and make a positive impact in our community

HS2 BBV DROP IN SESSION

THURSDAY 20TH JUNE

Time: 1.00pm - 3.00pm

Location: Park Management Hub

High Speed Two (HS2) is the new high-speed railway for Britain. The team will be holding drop in events every third Thursday afternoon here at Birmingham Business Park in the Park Management Hub. At these drop-in events, you will be able to:

- talk to your local community engagement team about any concerns you may have
- see maps and plans of the project near you; and
- ask questions and explore the new railway in more detail

This month we will be joined by the stakeholder team from the M42 J6 Improvement scheme

BBP PERKS

MENOPAUSE & ANDROPAUSE IN THE WORKPLACE

WEDNESDAY 5TH JUNE

[BOOK HERE](#)

Time: 9.30am - 12.00pm

(12.00pm - 1.00pm networking)

Location: UBC, 1310 Birmingham Business Park

Join us for an insightful event addressing menopause and andropause in the workplace. Discover effective strategies to support menopausal colleagues and understand andropause. Expert speakers will provide legal guidance and holistic management options, followed by Q&A sessions. Network over a nutritious lunch and learn about the free services offered by the Disability Resource Centre. If you're in Birmingham, Solihull, or Warwickshire, don't miss this opportunity to enhance your workplace wellbeing

FREE BREATHWORK SESSION WITH ASHA

TUESDAY 4TH JUNE

Time: 12.30pm

Location: Park Management Hub

Want to harness your best tool for mental clarity and agility? Improved physical health? Come along to a free breathwork session on Tuesday 4th June, at 12.30. Learn the science behind breathwork and how to improve it so that you can breathe easily. Lead by a qualified Oxygen Advantage Instructor, Asha Berzon. Asha is a qualified therapist and breathwork instructor based in the UBC offices. Please email

Asha@mindability-hypnotherapy.co.uk

to register your interest

CYCLING INCENTIVES COURTESY OF SOLIHULL COUNCIL

Working in partnership with Solihull Council, Love to Ride is free to anyone living or working in Solihull, as well as all Solihull businesses. Love to Ride supports and encourages people to ride bikes for fun, transport, the school-run, to get fit, to be more sustainable, to save money... you name it! Everyone is invited, from regular riders to people who haven't been on a bike in years (or ever!). Sign up to receive give away prizes throughout the year and take part in challenges designed to build bike habits that can last a lifetime.

[BOOK HERE](#)

SOLIHULL CHAMBER BBP BUSINESS DISCOUNT

Would you like to boost awareness of your business through Solihull Chamber of Commerce? As you are located on Birmingham Business Park you have access to an exclusive discount to extend your business reach through our digital advertising. Want to find out more? Please email Samantha Frampton, Head of Solihull Chamber s.frampton@solihull-chamber.com